

Report for: Adults and Health Scrutiny Panel, 29th January 2019

Title: Haringey Mental Health Services Overview and Update

Report authorised by: Charlotte Pomery, Assistant Director of Commissioning

Lead Officer: Tim Miller, Lead Commissioner for Adult Mental Health

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Ward(s) affected: All

Report for Key / Non Key Decision: Non Key Decision

1. Describe the issue under consideration

- 1.1 Haringey Health Scrutiny Board has requested an update on the adult mental health services in Haringey. This is timely, given the increasing national conversation about mental health, increasing investment in NHS services and the changing shape of services in Haringey.
- 1.2 This paper briefly sets out the current services, pathways, successes and challenges in order to inform Board.

2. Recommendations

- 2.1 That the Adults and Health Scrutiny Panel notes the report.

3. Reasons for decision

- 3.1 n/a

4. Alternative options considered

N/A

5. Background information

5.1 Introduction to mental health

- 5.1.1 The World Health Organisation describe mental health as “*Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community*”.
- 5.1.2 ‘Mental health’ services are largely focused on mental *ill-health*, supporting people to improve their mental health which includes being able to have a meaningful life with a long term mental health condition.

- 5.1.3 Mental health conditions range on a spectrum from more prevalent conditions, such as depression and anxiety, to less prevalent conditions such as psychosis or so-called personality disorders. Each condition can vary in intensity, and people can respond differently to the treatment and support that is available. Though people live positive and rewarding lives with mental ill-health, it can be a profound challenge and significantly affects quality of life and opportunity.
- 5.1.4 Causes of mental ill-health include genetic factors, adverse childhood experiences, poverty, discrimination and other forms of stress. Reducing harm, stress, poverty and working towards the provision of civic services which are safe and inclusive for people with mental health conditions to access are good underpinnings for a mentally healthy community.
- 5.1.5 When compared to similar areas, prevalence of mental illness in Haringey is higher for more severe mental illness and lower for anxiety and depression. Figures that are used in planning services are:
- Estimated number of people with anxiety or depression: 34,500
 - Number recorded on GP registers with a severe mental illness: 4,100

5.2 Overview of mental health services

- 5.2.1 It should be recognised that individuals themselves, their families and social networks provide most of the support in coping with and recovering from mental ill-health. Consequently, much of what the public and voluntary and community sectors do has an impact on mental health. Our main services specifically for mental ill-health comprise of universally accessible services and secondary, specialist services. They are set out below:
- 5.2.2 General Practice provides the majority of mental health support and treatment in the NHS. GPs see and treat people with a wide range of mental health conditions and work alongside specialist clinical input where required.
- 5.2.3 *Let's Talk Haringey* is our main service of psychological therapies (an 'IAPT', *Improving Access to Psychological Therapies* service). This is a self-referral service that provides support for over 5,500 Haringey residents with depression, anxiety and phobias each year.
- 5.2.4 Barnet, Enfield and Haringey Mental Health Trust's (BEMHT) is the main provider of secondary, specialist community and acute mental health services. These comprise a wide range of treatment and support for people with more severe and/or complex conditions and treat around 1,100 Haringey residents at any one time.
- 5.2.5 The Council's adult social care functions for people with a primary mental health condition are provided via a team integrated with BEMHT's community services.
- 5.2.6 People who require practical social care support are able to access support at home or supported living / residential care via a funded care package which is arranged via the integrated social care and health teams.
- 5.2.7 Haringey Council runs the Clarendon Recovery College, a free local resource which runs a wide variety of courses for Haringey residents who've experienced or are experiencing mental health problems.
- 5.2.8 'Third' sector services include
- 127 properties of supported housing dedicated to people with mental health conditions.

- Mind in Haringey is the lead provider for Haringey’s new Wellbeing Network, which is a partnership with a number of other organisations and provides a range of non-clinical support and activities to help people live with and recover from mental health conditions. This network is intended to help people at higher risk to get support earlier on, and so prevent the need for turning to specialist health or social care support or treatment.
- 5.2.9 BEHMHT provide a 24 hour crisis telephone line and a Crisis Resolution and Home Treatment service for people at a high risk of a hospital admission. The CRHTT supervises a 7 bed community Recovery House in Fortis Green in collaboration with Look Ahead Housing Association. This provides an alternative to inpatient admission.
- 5.2.10 BEHMHT provides 50 inpatient beds on three wards at St Ann’s Hospital. A new inpatient building is due to open in 2020 on the St Ann’s site.
- 5.2.11 Haringey substance misuse services are provided by BEHMHT at the Grove and alcohol services are provided by HAGA.
- 5.2.12 Psychiatric Liaison Services offer assessment, treatment and onward referral for people presenting with an emergency related to a mental health condition services to people attending an A&E department. They also provide mental health care to acute hospital inpatients who have a mental health co-morbidity. BEHMHT provide the service at the North Middlesex; Camden and Islington Foundation Trust provide the service at the Whittington Hospital.
- 5.2.13 Finally, there are some tertiary specialist NHS services, such as forensic services and eating disorders services provided by BEHMHT. Services for people with learning disability and autism are provided by the Haringey Learning Disabilities Partnership (a partnership between BEHMHT, Whittington Health and Haringey Council).

5.3 Access to Mental Health Services

- 5.3.1 GPs act as the primary referrer for specialist care in the NHS, referring to almost all further NHS treatment.
- 5.3.2 Let’s Talk Haringey welcomes self-referrals and it is the main route into their services.
- 5.3.3 Social care can be accessed via the Council’s First Response service, but most navigate to the integrated / BEHMHT community teams from their GPs or another route, e.g. following hospital admission.
- 5.3.4 Supported housing is non-statutory, provided under a Housing pathway rather than a Social Care/NHS pathway, but the services are also accessed via the integrated / BEHMHT community teams.
- 5.3.5 The Wellbeing Network (see 5.2.8 above) is open to referrals from any agency or self-referral.
- 5.3.6 Anyone can make a crisis referral, which will be triaged by a Trust-wide Crisis Hub and directed to the right pathway.
- 5.3.7 The police are key partners here, as they often identify (or are alerted to) people in an acute crisis and have powers under the Mental Health Act to take people to a place of safety for an urgent mental health assessment.

5.4 Key Recent Developments

- Locality working: BEHMHT have reorganised their community mental health teams into the same geography as the primary care system and the Care

Closer to Home Integrated Networks of four 'Locality' areas. A new role of Link Workers, mental health nurses working from general practice is being tested in the Central Locality. This has been designed to link to the Wellbeing Network from Mind in Haringey and other local services.

- North Central London partnership working: Haringey Council and CCG are working with other Councils and CCGs in North Central London. Through the North London Partners (formerly the "STP"), Haringey now benefits from:
 - Specialist perinatal mental health care and treatment for the 5% of women with most severe mental illness during the period of pregnancy and up to one year after birth,
 - Somerset Villa in-patient rehabilitation ward, now open in Enfield and supporting a small number of male residents in Barnet Enfield and Haringey requiring periods of rehabilitative care
 - Specialist IAPT support for people who also have a long term physical health condition (currently diabetes, COPD, under cardio rehab or with MSK related chronic pain).
 - A psychiatric intensive care ward for women, meaning that they no longer have to be transported out of the area to receive a short period of intensive treatment
- Haringey Council has been strengthening the capacity of integrated health and care arrangements with BEHMHT. These include employment services using the Individual Placement and Support model from Twining Enterprise; Information, Advice and Guidance support from Citizen Advice Haringey, and Housing Needs Officers from Homes for Haringey providing housing needs assessments and homeless prevention work.

5.5 Future Intentions

- The NHS 10 year plan was released in January 2019 and sets out the vision for NHS mental health services in the next 10 years. It sets out intentions around integrated care systems and the important role that mental health will play in these to improve integration of services for people with mental health difficulties.
- It builds on the *Five Year Forward View for Mental Health*, which is still being delivered, but also prioritises some areas which were under-addressed in the earlier document. Priorities are:
 - New and integrated models of primary and community mental health for adults and older adults with severe mental illnesses, which will include access to psychological therapies, improved physical health care, employment support, personalised and trauma-informed care, medicines management and support for self-harm and coexisting substance use.
 - Continued increased investment in mental health services
 - Continued increase in IAPT services, with a focus on support for people with a long term physical health condition
 - A single point of access and timely, universal mental health crisis care for everyone via NHS 111
 - Increase in alternative forms of provision for those in crisis; sanctuaries, safe havens and crisis cafes.
 - Specific waiting times targets for emergency mental health services will for the first time take effect from 2020

- Ongoing efforts to reduce suicides and new investment in suicide bereavement support for families and staff working in mental health crisis services
- The Council and its partners are working on the business case for mental health services at the Canning Crescent centre, which was agreed for purchase by the Council's Cabinet Committee in September 2018. Proposals are expected to include supported housing; a crisis café/safe haven; respite/crisis accommodation and a new home for the Clarendon Recovery College.
- BEHMHT, the Council and the CCG are working on the various elements of the rehabilitation and accommodation pathway including better use of inpatient rehabilitation facilities, improvement to community rehabilitation services and recommissioning of the housing pathway.

6 Contribution to strategic outcomes

- Priority 2 of the Council Corporate Plan,
- Haringey Council's Community Strategy,
- Joint Mental Health and Wellbeing Framework 2015 – 2018.

7 Statutory Officers comments (Chief Finance Officer (including procurement), Assistant Director of Corporate Governance, Equalities)

7.1 Finance and Procurement

This is an update report for noting and as such there are no direct financial implications associated with this report.

7.2 Legal

This is an update report for noting and as such there are no recommendations for action that have a direct legal implication.

7.3 Equality

This is an update report for noting and as such there are no recommendations for action that have a direct equalities implication.

- Statement around wider view of equalities; Council and integrated services perspective

8 Use of Appendices

N/A

9 Local Government (Access to Information) Act 1985

N/A